

2014-2015 JUMP ROPE TEAM

(3rd, 4th, and 5th graders only)

READ CAREFULLY!

-Tryouts will be held after school on Thursday, November 13th, 3:00pm-4:15pm. Students only.

- THERE ARE NO FORMS TO FILL OUT, simply practice the skills needed and come to the tryout in November.

- ***In order to be on the team you must be able to attend ALL Thursday practices (3:00-4:15pm) and two performances in the Spring (March 26th and April 23rd).

*** Below is a link to the website that lists a variety of jumps and their descriptions. Please read what is required for your grade and PRACTICE!!!!!! ☺

*****Jumping Website*****

Go to this website and click on each of the jumps for a short description or demonstration

<http://wayback.archive-it.org/3635/20130906090519/http://library.thinkquest.org/5407/skills.html>

3rd Grade: You must be able to do ALL ten of the Basic Skills, at least eight times in a row. *BONUS: FRONT CROSS.

4th Grade: You must be able to do ALL ten of the Basic Skills, at least eight times in a row AND Front Cross. *BONUS: Any jump from the other two lists.

5th Grade: You must be able to do ALL ten of the Basic Skills, Front Cross, Leg Over. *BONUS: ONE ADVANCED SKILL.

***IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL Mrs. Wyatt:**
lindsay.maxson@cms.k12.nc.us